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Breast Cancer: What Young Women Need to Know

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True or False?

1 in 8 women will develop Breast Cancer in their lifetime.

You should begin doing self-exams at the age of 18.

Answers found on back page

When should I perform a Self-Exam?

You should perform a self-exam once a month at the same time of the month. After your period is a good time. Remember to position yourself the same way every time.



Bright Pink states: *As a young woman, you may not think this applies to you. But when it comes to detection, 80% of breast cancers in young women are self-discovered. They are later confirmed by a doctor.*

Quiz: T/T

References

- National Breast Cancer Foundation, INC. (2016). Breast Self-Exam. Retrieved from <http://www.nationalbreastcancer.org/breast-self-exam>
- Bright Pink. (2017). Prevention and Early Detection. Retrieved from <https://www.brightpink.org/what-you-need-to-know/start-here>



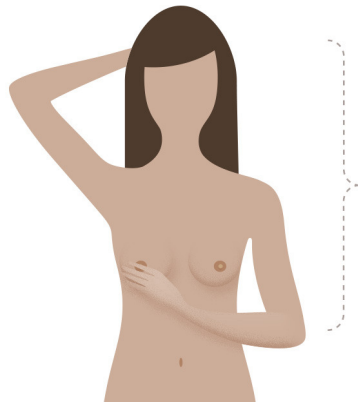
Breast Cancer: What young women need to know

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x12

Know your body

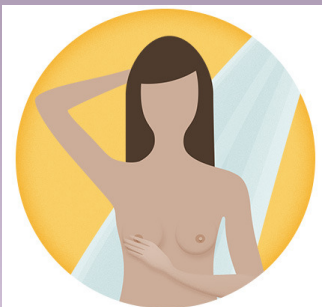
Early detection is key. It can mean the difference between life and death. Knowing your body is most important to early detection. Be mindful and pay attention to changes. Notify your doctor immediately about any abnormalities.

Jess from brightpink.org says, "I fall in the 80% category. I detected the lump myself and got it checked out the following day. Knowing your body and when something's not right can save your life!"

Self Breast Exam

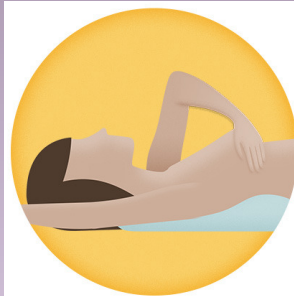
1) In the Shower

Using the pads of your fingers, move around your entire breast in a circular pattern moving from the outside to the center, checking the entire breast and armpit area. Check both breasts feeling for any lump, thickening, or hardened knot.



2) Lying Down

Lie down and place a pillow under your right shoulder and your right arm behind your head. Use your left hand, move the pads of your fingers around your right breast gently in small circular motions. Use firm pressure. Repeat these steps for your left breast.



3) In Front of a Mirror

Visually inspect your breasts with your arms at your sides. Check nipples for discharge. Next, raise your arms high overhead.

